

SUGAR AND THE CARBOHYDRATE CONNECTION

“According to brain scans, sugar is as _____
as _____.”

Refined sugar robs the body of _____, _____,
and _____.

In the 1800’s the average American ate about _____ pounds of sugar
per year. Today they eat about _____ pounds per year plus _____
pounds of high fructose corn syrup and _____ pounds of non-sugar
sweeteners.

High sugar intake weakens the _____.

Mental and emotional changes caused by high sugar intake include:

The increased use of _____
in the United States mirrors the rapid increase in _____.

Excess sugar that is not needed for energy is stored as _____.

Diseases caused or worsened by high sugar intake include:

Ways to help break the sugar addiction include:

_____ is the primary fuel the body uses for energy.

Types of carbohydrates include _____, _____,
_____, _____, and _____.

Starches and fiber are actually long chains of _____
molecules.

The Function of Insulin and Leptin

Insulin regulates _____ and _____ metabolism.

Insulin is a _____ hormone.

Both high and low insulin levels result in cellular _____.

Exercising for 20 minutes immediately following each meal lowers

_____.

Leptin is a hormone that regulates _____ in the body.

In leptin resistance the body thinks it is _____ even though there is an abundance of food.

The benefits of a high fiber diet include:
